

Faculty Of Pharmacy, Nursing and Health Professions

Nutrition and Diet

Principles of food preparation (NUTD233)

**Chocolate Cake**

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**Introduction**

Cake is a form of sweet dessert that is typically baked. Cake is often served as a celebratory dish on ceremonial occasions, such as weddings, anniversaries, and birthdays. Cakes are frequently described according to their physical form: Bundt cakes, Cake balls, funnel shaped, Cupcakes, Layer cakes, Sheet cakes, Swiss rolls. Also, cakes are broadly divided into several categories, based primarily on ingredients and mixing techniques. For example: Chocolate cakes are butter cakes, sponge cakes, or other cakes flavored with melted chocolate or cocoa powder.

Chocolate cake is a cake flavored with melted chocolate, cocoa powder, or both. Chocolate cake is made with chocolate; it can be made with other ingredients. These ingredients include candy, vanilla crème, and other sweeteners. The history of chocolate cake goes back to 1764, when Dr. James Baker discovered how to make chocolate by crushing cocoa beans between two huge circular millstones.

In this experiment, the standard cake was made; this is a type of shortened cake.

**Ingredients**

* 1 ½ cup of Granulated sugar
* ½ cup of shortening
* 2 eggs
* 2 tsp vanilla
* 1 tbsp. of instant coffee
* ½ cup of water
* ½ cup of yoghurt
* 1 cup of all-purpose flour
* 1 cup of whole-wheat flour
* ½ cup of cocoa powder
* 1 ½ tsp baking soda
* 1 ½ tsp baking powder
* ½ tsp salt

**Procedure**

1.The oven was heated to 350 °F.

 2. The sugar and shortening were mixed until they became light and fluffy.

3. The eggs were beaten and mixed with vanilla, then the mixture was added to the sugar shortening mixture and mixed well.

 4. The coffee was dissolved in water and mixed with yogurt.

5. The dry ingredients (all-purpose flour, whole-wheat flour, cocoa, salt, baking soda, baking powder) were sifted in a separate bowl.

6. The dry ingredients were added to the (sugar, shortening, vanilla and egg) mixture, the first time, 1/3 of the dry ingredients were added to the mixture, the mixture was beaten well, then 1/3 of the liquid mixture was added and beaten well.

7. The second time 1/3 of the dry ingredients were added again and beaten, then 1/3 of the liquid mixture was added and beaten well.

8. The last 1/3 of the dry ingredients were added to the mixture and mixed well. then the last 1/3 of the liquid mixture was added and beaten well

9. The baking pan was greased using oil and a small amount of flour was added to the pan (pan with a diameter of 26 cm).

10. The cake batter was poured into the baking pan.

11. The cake was baked for 40 minutes

12. The baking pan was cooled for a few minutes before cutting it. cut around the edge of the cake with a knife,

13. The cake was served.

**Product evaluation**

1\*, 2\*,3\*, 4\*, 5\*

Chocolate cake contains variety of ingredients that provides different nutrients in different amount.

In this recipe two types of flour were used in the cake batter, first one is all-purpose flour. 1 cup of All-purpose flour, provides the body with energy and 3 grams of protein and 22 grams of carbohydrates (1), and since we used 1 cup of all-purpose flour then this recipe provides good amount of carbohydrates.

Second type of flour used is whole-wheat flour, depending on that 1\4 cup of whole-wheat flour provides 15% of the recommended amount of fiber (2), and since we used 1 cup of whole-wheat flour, so this recipe is high in fiber.

The second ingredient is granulated sugar, in this recipe we used 1 ½ cup of granulated sugar, and since 1 cup of it provides the body with 774 Kcal (3), then this recipe is high in calories.

The third ingredient is shortening (4), this ingredient provides mainly lipids and energy. In this cake recipe, we used ½ cup of shortening, and depending on that every 1 cup of shortening provides 1812 Kcal and 205 grams of total lipids (fat), then this recipe is high in calories.

Therefore, depending on the amounts of energy provided by both sugar and shortening this cake recipe is high in calories.

The fourth ingredient is eggs. Eggs provides small amounts of cholesterol and protein, every medium egg provides the body with 5.53 g of protein (5) , and the body needs 0.8 gram of protein for every kilogram of body weight daily(6) , and since we used 2 eggs in this cake, so it does provide the body with good amount of protein. On the other hand, eggs provide almost 164 mg of cholesterol (7), and since the body needs 100 to 300 mg of cholesterol a day, so this recipe is high in cholesterol.

The fifth ingredient is yoghurt. Yoghurt provides calcium, every 1 cup of yoghurt provides 448 mg of calcium (9), and since we used ½ cup of yoghurt, then this recipe is not high in calcium.

So, after taking into consideration all the ingredients used and all the nutrients provided, then overconsumption of cakes may lead to overweight or obesity, and since it is high in cholesterol then it is not good to overconsume it by obese individuals.

**Ola**: very delicious, containing the right appropriate amount of sugar, the taste of cocoa and coffee together was a very special.

**Lamis:** The cake tastes delicious, it was successfully made and well baked, we got the texture we needed and the delicious taste we wanted.

**Raneen:** the cake was very tasty and fluffy, and it was successfully made and well baked, I enjoyed eating it.

**Rose:** It is delicious and useful, I like to eat it with natural juice to increase the benefit, full of nutritional value and light on the stomach, I do not like eggs, but it is a good way to make me eat eggs without feeling their taste.

**Somoud:** The taste was so good.

**Majdal**: It was very good, light and saturated at the same time, the amount of sugar was appropriate, and the cocoa taste was special.

**Discussion and Conclusion**

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Cake is a delicious dessert that is served cold, although it contains a lot of calories, and every ingredient in it has a benefit in its taste and texture. For example, sugar gives sweetness to the cake and when baking it becomes caramelization, in addition, the creaming process works to introduce air to the cake and gives a better texture, and margarine helps sugar and gives softness to the cake, Living Agent inflates the cake, eggs work as an emulsifier that mixes grinding with milk and margarine, and it makes the cake color happy and adds nutrition There is a lot of value, flour and eggs contain protein, they make a denaturation and stabilize their strength, then the cake is baked, and the flour in it is a starch that absorbs the moisture and gives a better structure, we must be careful in preparing and eating it.

**References**

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